

“Putting Off The Old, Putting On The New”

Ephesians 4:25-27

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1) Put off lying, put on truth telling

“Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another.”

Ephesians 4:25

“You are of your father the devil, and your will is to do your father's desires. He was a murderer from the beginning, and has nothing to do with the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.”

John 8:44

“But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulfur, which is the second death.”

Revelation 21:8

“Fellowship is built on trust, and trust is built on truth. So falsehood undermines fellowship, while truth strengthens it.” John Stott

“Lying lips are an abomination to the LORD...” Proverbs 12:22a

“The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.”

Proverbs 15:4 (NIV)

“So the only reasonable choice for any of us is to stop lying. Now. Completely. If we have even the slightest tendency to distort the truth – and who among us doesn't – we need to say, ‘From this day forward I purpose in my heart, with the help of God, to speak only the truth, always and in every situation, for the rest of my life.’” Bill Hybels

2) Put off sinful anger, put on self-control

“Be angry and do not sin; do not let the sun go down on your anger,”

Ephesians 4:26

“⁴ And he said to them, ‘Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?’ But they were silent. ⁵ And he looked around at them with anger, grieved at their hardness of heart, and said to the man, ‘Stretch out your hand.’ He stretched it out, and his hand was restored.”

Mark 3:4-5

“A man of quick temper acts foolishly”

Proverbs 14:17a

“Whoever is slow to anger has great understanding, but he who has a hasty temper exalts folly.”

Proverbs 14:29

“A hot-tempered man stirs up strife, but he who is slow to anger quiets contention.”

Proverbs 15:18

“²⁴ Make no friendship with a man given to anger, nor go with a wrathful man, ²⁵ lest you learn his ways and entangle yourself in a snare.”

Proverbs 22:24-25

“Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.”

Proverbs 16:32

“and give no opportunity to the devil.”

Ephesians 4:27